

British Rowing Technique Seminars 2nd/3rd October 2003

The National Rowing Academy in conjunction with BIRO will be running two British Rowing technique seminars in Scotland in October. The seminar on the 2nd October will be at the National Rowing Academy at Strathclyde Park and the 3rd October will be in Aberdeen at a venue to be confirmed.

The one day seminars will be presented by National Coach John McArthur, GB Physio Karen Burn and Row Perfect's Rebecca Carroe. They will include sessions on technique breakdown, video analysis, core stability and stroke curve analysis.

Lunch will be provided and each participant will receive a Sculling Technique DVD.

The cost will be £ 30 per head and places will be limited. Complete and return the attached application form together with your cheque made payable to SARA Sports Facilities Ltd.

APPLYING BRITISH ROWING TECHNIQUE TRAINING DAY PROGRAMME

Time	Title	Content	Tutor
9.15-9.45	Arrivals	Admin Greet	All
9.45-10.00	Introduction & Programme	Content for day Safety	Director NRA /National Coach
10.00-10.10	Education & Training Framework	How the framework works. How they can use it	John McArthur National Coach
10.10-12.00	British Rowing Technique	What it is Concepts Exercises	John McArthur National Coach
12.00-13.00	Lunch (included).		
13.00-14.30	Core Stability 1	Core stability theory & practical.	Karen Burn GB U23 Physiotherapist
14.30-15.30	British Rowing Technique (Indoor Rowing Machine)	Practical skills and drills for applying the technique on the indoor rowing machine	John McArthur National Coach
15.30-15.45	Short break		
15.45-17.15	British Rowing Technique using Force Time Curves	Analysing force time curves using the Row Perfect Ergometer	Rebecca Caroe Row Perfect
17.15-17.30	Summary	Pulling everything together	National Coach

**British Rowing Technique
Seminars
2nd/3rd October 2004**

Name.....

Address.....

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Postcode..... Mobile.....

Email : Tel.....

Club.....

Coaching Qualification (if any).....

Are you currently coaching yes/no (delete)

If you how many hours per week

Do you have any illness or physical/medical condition that the organisers should be aware of ? Yes/No (if yes please provide details overleaf)

I wish to apply for a place on the British Rowing technique seminar at Strathclyde Park(Oct 2nd)/Aberdeen (Oct 3rd) (delete where applicable)

I enclose the fee of £ 30.00 made payable to SARA Sports Facilities Ltd

Signature

Date

Please return to :

**Iain Somerside
National Rowing Academy
366 Hamilton Road
Motherwell
ML1 3ED**